

RICE & PASTA — THE WORLD'S BEST DISHES



about RICE AND PASTA...

The best rice and pasta recipes from all over the world are included in this set. Let your imagination run wild in preparing them for your family and friends. If you thought rice and pasta were basically an economical way of stretching a meal, you're in for a pleasant surprise.

Ellen Sinclair

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Rice and pasta are the staple foods of millions throughout the world. They can both be served in many ways — simple or exotic.



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Photography by Garry Isaacs

TO COOK RICE

Use large saucepan of boiling water when cooking rice; you will need about 2 litres (approx. 4 pints) water for around 1 cup of rice. Bring water to rapid boil, add 2 teaspoons salt. Then gradually add rice, letting it dribble through your fingers so the water does not go off the boil. Boil rapidly, uncovered, 12 to 15 minutes. Cooking time depends on the type of rice used and also on the way you like the rice — tender, or still with a slight firmness left in the grain. Drain well.

TO COOK PASTA

Cook all forms of pasta in plenty of boiling water; 2 litres (approx. 4 pints) of water for 250 g (8 oz.) pasta is not too much. Use a large saucepan and bring the water to a rapid boil. Add pasta gradually so the water does not go off the boil.

When cooking spaghetti, vermicelli, or any of the 'long goods' as they are called, hold long strands at one end and place other ends into the boiling water. The pasta will begin to soften in the hot water and it is then simple to lower strands into saucepan, coiling them neatly inside.

Allow cooking time of 12 to 15 minutes for spaghetti; drain well. One tablespoon of oil added to the cooking water will help prevent strands sticking together.

SPAGHETTI MARINARA



SPAGHETTI MARINARA

30 g (1 oz.) butter

1 clove garlic

470 g (15 oz.) can whole
tomatoes

2 tablespoons tomato paste

½ cup water

1 chicken stock cube

500 g (1 lb.) prawns

500 g (1 lb.) scallops

1 bottle oysters (10 to 12
oysters, approx.)

3 tablespoons chopped parsley
salt, pepper

Melt butter in pan, saute crushed garlic for 2 minutes. Add chopped tomatoes and liquid from can, tomato paste, water and crumbled stock cube. Bring to boil, reduce heat; simmer, uncovered, 15 minutes.

Add trimmed scallops, cook gently 5 minutes. Add shelled and deveined prawns, drained oysters, parsley and salt and pepper, heat through gently. This sauce is sufficient for 250 g (8 oz.) spaghetti.

Serves 4 as an entree.

Note: Lobster or crab can be added or substituted for scallops or prawns.

VEGETABLE RICE PIE**VEGETABLE RICE PIE****RICE PIE SHELL**

1 cup long-grain rice
 30 g (1 oz.) butter
 1 small onion

1 egg
 salt, pepper
 1 teaspoon curry powder

Cook rice in boiling salted water until tender; drain well. Melt butter in pan, saute peeled and finely-chopped onion until onion is transparent. Add to rice with lightly-beaten egg, salt, pepper and curry powder, mix well. Press rice mixture in greased 23 cm (9 in.) pie plate, covering base and sides.

FILLING

30 g (1 oz.) butter
 4 small zucchini
 2 medium onions
 3 sticks celery
 125 g (4 oz.) mushrooms

1 medium carrot
 salt, pepper
 $\frac{3}{4}$ cup sour cream
 2 tablespoons plain flour
 1 egg

Melt butter in saucepan, cook sliced zucchini, peeled and finely-chopped onions, thinly-sliced celery and mushrooms, and grated carrot for 3 minutes. Season with salt and pepper. Combine sour cream and flour with lightly-beaten egg, mix well, stir into vegetables. Spoon into rice case. Bake in moderate oven 35 to 40 minutes.

CHICKEN CHOW MEIN



CHICKEN CHOW MEIN

1.5 kg (3 lb.) chicken
250 g (8 oz.) lean pork

1 clove garlic
1½ teaspoons soy sauce
2 teaspoons brandy
1 teaspoon cornflour
1 onion
3 sticks celery
1 red pepper
½ cabbage
4 shallots

4 tablespoons oil
1 cup water
1 chicken stock cube
salt, pepper
1 teaspoon soy sauce, extra
1 teaspoon oyster sauce
¼ teaspoon sugar
1 tablespoon cornflour
1 tablespoon water, extra
250 g (8 oz.) prawns

Remove meat from uncooked chicken, cut chicken meat and pork into thin strips. Place in bowl, add crushed garlic, soy sauce, brandy, cornflour, mix well.

Peel and dice onion, cut celery, pepper, cabbage and shallots into thin strips.

Heat 2 tablespoons of oil in pan, add chicken and pork mixture; cook, stirring, until meat is well browned, remove from pan. Heat remaining oil in pan, saute onion 1 minute; add celery, pepper, cabbage and shallots, cook until tender, but still crisp. Add water, crumbled stock cube, salt, pepper, extra soy sauce, oyster sauce, sugar and cornflour blended with extra water; stir until mixture thickens slightly, stir in shelled prawns. Heat through gently.

Serve on top of crisp fried noodles. **Serves 4 to 6.**

Crisp Fried Noodles: Drop 250 g (8 oz.) fine egg noodles into large saucepan of rapidly-boiling salted water, stir with fork to separate, cook 3 to 4 minutes; drain well. Arrange clean teatowel over wire cake cooler, spread noodles over this to drain; leave at least 6 hours. When ready to serve, drop noodles, a few at a time into shallow hot oil. To ensure thorough cooking it is best to fry the noodles in 3 or 4 lots; stir vigorously while cooking. Cook until crisp and golden.

PAELLA**PAELLA**

60 g (2 oz.) butter
 2 tablespoons oil
 2 medium onions
 1 red pepper
 1 green pepper
 2 chicken breasts
 125 g (4 oz.) bacon pieces
 315 g (10 oz.) can artichoke hearts
 185 g (6 oz.) frozen peas
 500 g (1 lb.) long-grain rice
 4½ cups water
 2 chicken stock cubes

2 cloves garlic
 2 tablespoons finely-chopped parsley
 ¼ teaspoon ground cloves
 salt, pepper
 1 teaspoon saffron
 1 kg (2 lb.) mussels
 3 or 4 blue swimmer crabs (if available)
 190 g (6¾ oz.) can button mushrooms
 250 g (8 oz.) prawns

Heat butter and oil in large pan, gently saute peeled and sliced onions and sliced peppers. Remove meat from chicken breasts, slice meat into 5 cm (2 in.) pieces; thinly slice bacon pieces. Add to pan, brown lightly. Add drained, halved artichoke hearts, peas, rice, water, crumbled stock cubes, crushed garlic, parsley, cloves, salt and pepper and saffron. Cover, simmer gently 15 minutes.

Scrub mussels well under cold running water, add to pan with washed crabs; cover, cook further 5 to 8 minutes. Remove lid, add drained mushrooms and shelled prawns, stir through well.

Check at this stage if rice is cooked and all liquid has evaporated. If rice needs further cooking, add an extra ½ cup water. Re-cover, cook further 2 to 3 minutes to heat prawns through. Serve immediately decorated with the crabs.

Serves 6.

LASAGNE



LASAGNE

250 g (8 oz.) lasagne
noodles

½ cup grated parmesan
cheese

½ cup cream

MEAT SAUCE

1 tablespoon oil

1 clove garlic

500 g (1 lb.) minced steak

1 teaspoon oregano

2 470 g (15 oz.) cans

¼ teaspoon basil

whole tomatoes

¼ teaspoon rosemary

1 small onion

1 teaspoon salt

125 g (4 oz.) mushrooms

½ teaspoon sugar

Cook noodles in large saucepan of boiling salted water until tender, approx. 15 minutes; you may need to do this in two saucepans, so that noodles do not stick together. Drain well. Heat oil, add steak; cook until well browned; pour off excess fat. Add chopped tomatoes with liquid from cans, peeled, finely-chopped onion, sliced mushrooms, crushed garlic, oregano, basil, rosemary, salt, sugar. Bring to boil, stirring; reduce heat, simmer, uncovered, 60 minutes, stirring occasionally.

Place one-third of noodles in greased shallow ovenproof dish, spread with half the meat sauce, then half the cheese sauce. Repeat layers of noodles and sauces, top evenly with third layer of noodles. Sprinkle top with parmesan cheese. Bake in moderate oven 20 to 25 minutes. Remove from oven, spoon cream over the top, bake further 10 to 15 minutes **Serves 6.**

Cheese Sauce: Melt 60 g (2 oz.) butter in saucepan, stir in 4 tablespoons flour, cook gently, stirring, 1 minute. Gradually add 2 cups milk, stir until sauce boils and thickens. Season with salt, pepper and pinch nutmeg. Stir in 125 g (4 oz.) grated processed cheese and 1 tablespoon grated parmesan cheese, stir until cheese melts.

MACARONI CHEESE**MACARONI CHEESE**

185 g (6 oz.) small macaroni	2¼ cups milk
2 rashers bacon	30 g (1 oz.) butter, extra
30 g (1 oz.) butter	½ cup packaged dry
⅓ cup flour	breadcrumbs
¼ teaspoon dry mustard	250 g (8 oz.) cheddar cheese
salt, pepper	

Cook macaroni in large quantity of boiling salted water until tender, approximately 10 minutes; drain. Saute chopped bacon until crisp, remove from pan. Add butter to pan drippings; when melted, stir in flour, mustard, salt and pepper; cook 1 minute.

Remove from heat, gradually add milk; return to heat, stir until sauce boils and thickens. Stir in three-quarters of the grated cheese, add bacon and cooked macaroni. Spoon into well-greased ovenproof dish.

Combine extra melted butter and breadcrumbs, sprinkle over macaroni, top with remaining grated cheese. Bake in moderately hot oven approximately 25 to 30 minutes, until well browned.

Serves 4.

CHICKEN LIVERS WITH PILAF**CHICKEN LIVERS WITH PILAF**

750 g (1½ lb.) chicken livers
 90 g (3 oz.) butter
 1 large onion
 1 tablespoon flour
 ¼ teaspoon caraway seeds

2 tablespoons brandy
 salt, pepper
 1 tablespoon chopped parsley
 ¼ cup cream

Wash and clean chicken livers. Heat butter in pan, add peeled and finely-chopped onion, saute until onion is lightly brown. Add chicken livers, saute until half-cooked; sprinkle in flour and caraway seeds. Stir flour in well, add brandy, salt, pepper and parsley. Continue cooking until chicken livers are tender; do not over-cook. Stir in cream, heat through gently. If mixture is too thick, stir in 1 to 2 tablespoons water. Serve with Pilaf.

Serves 4.

PILAF

250 g (8 oz.) long-grain rice
 ½ teaspoon salt
 30 g (1 oz.) butter

1½ cups water
 2 chicken stock cubes

Place rice in bowl, cover with boiling water, allow to cool; strain, wash well in cold running water. Place salt, butter, water and crumbled stock cubes into large saucepan, bring to boil, add drained rice; cover, cook over high heat 5 minutes, reduce heat to low, cook further 8 minutes. Place a clean napkin over top of saucepan, cover with lid, allow to stand, off heat, 30 minutes.

NASI GORENG



NASI GORENG

250 g (8 oz.) long-grain rice
 250 g (8 oz.) prawns
 500 g (1 lb.) fillet steak or
 pork
 3 cabbage leaves
 2 red peppers
 2 medium onions
 6 shallots or spring onions

90 g (3 oz.) butter
 2 cloves garlic, crushed
 salt, pepper
 2 tablespoons soy sauce
 250 g (8 oz) can bean sprouts
 1 small cucumber
 omelets (see below)

Cook rice in large quantity of boiling salted water 12 minutes, or until tender; drain, keep hot. Shell prawns, saute in 30 g (1 oz.) of the butter, set aside. Thinly slice steak or pork, cabbage, red peppers and omelettes. Chop onions, cut shallots into 2.5 cm (1 in.) pieces. Peel and thinly slice cucumber.

Heat remaining butter in pan, add onion and garlic, saute 1 minute or until onion is transparent. Add steak or pork, saute until tender, season with salt and pepper. Add cabbage, peppers, shallots and hot rice, toss with a fork to mix well; add half the omelet strips, the sauteed prawns, soy sauce and well drained bean sprouts. Heat thoroughly, stirring continually. Add a little more butter if rice appears too dry; season with salt and pepper. Serve on hot platter, garnish with remaining omelet strips and sliced cucumber, or serve cucumber separately.

Serves 4 to 6.

OMELETS

3 eggs
 3 tablespoons milk

salt, pepper
 oil

Beat eggs lightly with milk, season with salt and pepper. Brush pan with oil; when hot, pour in enough of the egg mixture to make one very thin omelet. When cooked, roll, slice into thin strips. Repeat with remaining egg mixture.

GREEK EGG-AND-LEMON SOUP



GREEK EGG-AND-LEMON SOUP

2 litres (8 cups) chicken stock
salt, pepper
 $\frac{3}{4}$ cup long-grain rice
3 egg-yolks

$\frac{1}{4}$ cup lemon juice
 $\frac{1}{2}$ cup water
chopped parsley

Wash rice well. Bring chicken stock to boil in large saucepan, season with salt and pepper. Add rice, simmer uncovered, 15 minutes or until rice is tender. Remove pan from heat.

Put egg-yolks into bowl, gradually beat in lemon juice and water, then gradually beat in 1 cup of the hot stock. Return egg mixture to chicken stock, beat well. Return pan to heat, stir over moderate heat until soup is hot; do not allow to boil or mixture will curdle. The rice can also be cooked separately. Spoon 1 or 2 tablespoons of cooked rice in each soup bowl, spoon soup over. Serve hot or lightly chilled, sprinkled with chopped parsley.

Serves 6 to 8.

ITALIAN TOMATO SAUCE



ITALIAN TOMATO SAUCE

30 g (1 oz.) butter
1 tablespoon oil
1 clove garlic
2 medium onions
salt, pepper

2 470 g (15 oz.) cans whole tomatoes
1 teaspoon sugar
¼ teaspoon oregano
¼ teaspoon basil

Heat butter and oil in pan, add crushed garlic, peeled and finely-chopped onions, saute over low heat until tender, but not browned. Add salt and pepper, chopped tomatoes and liquid from cans, sugar, oregano and basil.

Cover, simmer gently for 45 minutes, stirring occasionally.

Remove lid, continue cooking over low heat until sauce thickens slightly. Serve over spaghetti, sprinkle with parmesan cheese. Sufficient sauce for 250 g (8 oz.) spaghetti.

Serves 4 to 6 as an entree.

SPAGHETTI ALLA CARBONARA

4 rashers bacon
⅓ cup cream
pinch paprika
pepper
1 egg

1 egg-yolk, extra
60 g (2 oz.) parmesan cheese
30 g (1 oz.) softened butter
375 g (12 oz.) spaghetti

Remove rind from bacon, cut bacon into thin strips. Place bacon into frying pan over low heat, saute gently until bacon is crisp. Drain off bacon fat from pan, leaving approximately 2 tablespoons bacon fat. Add cream and paprika, stir until combined. Place egg, egg-yolk and 30 g (1 oz.) grated parmesan cheese into bowl, beat until combined. Place spaghetti into pan of boiling salted water, boil, uncovered 12 to 15 minutes or until just cooked. Drain spaghetti, return to pan with butter, toss over low heat until combined. Add bacon-cream mixture, toss until combined. Add egg mixture, toss until combined. Season with pepper. Sprinkle with remaining grated parmesan cheese.

Serves 4 to 6.

CURRIED NUT RICE



500 g (8 oz.) long-grain rice
60 g (2 oz.) butter
125 g (4 oz.) slivered almonds

8 shallots or spring onions
1½ teaspoons curry powder
salt, pepper

Cook rice in boiling salted water 10 to 12 minutes, or until tender; drain. Melt butter in pan, gently saute almonds, finely-chopped shallots, curry powder, salt and pepper, until almonds are light golden brown. Add to hot rice, toss lightly to mix.

Serves 4 to 6.

ORANGE MINTED RICE

1 cup long-grain rice
60 g (2 oz.) butter
4 sticks celery
1 medium onion
salt, pepper

2 tablespoons finely-shredded orange rind
½ cup orange juice
¼ cup water
2 tablespoons finely-chopped mint

Cook rice in boiling salted water 10 to 12 minutes or until tender; drain; set aside. Melt butter in pan, gently saute finely-chopped celery, peeled and finely-chopped onion, salt, pepper and orange rind for 3 minutes. Add orange juice, water and mint, bring to boil, boil rapidly until most of the liquid has evaporated and vegetables are just cooked. Remove from heat, stir in cooked rice; cover and let stand for 5 minutes.

Serves 4.

SPAGHETTI WITH GREEN BASIL SAUCE**SPAGHETTI WITH GREEN BASIL SAUCE**

1½ cups chopped parsley
 4 teaspoons chopped basil
 salt, pepper
 1 clove garlic
 60 g (2 oz.) ground almonds
 60 g (2 oz.) walnuts

1 cup oil
 90 g (3 oz.) grated parmesan
 cheese
 750 g (12 oz.) spaghetti
 60 g (2 oz.) butter

Combine parsley, basil, salt, pepper, crushed garlic, almonds, walnuts and oil in blender. Blend on high speed until smooth, stir in cheese.

Cook spaghetti in boiling salted water until tender; drain well. Add the softened butter, toss lightly until butter melts through pasta. Add the sauce, toss well. Serve with extra grated parmesan cheese. **Serves 6 as an entree.**

SPINACH PESTO SAUCE

1 bunch spinach, 1 clove garlic, 30 g (1 oz.) pine nuts, 1 teaspoon basil, salt, pepper, 4 tablespoons oil, 2 tablespoons chopped parsley, 30g (1 oz.) butter, 500 g (1 lb.) spaghetti, grated parmesan cheese.

Wash spinach, remove white stems. Place spinach leaves in saucepan with water that clings to them; cover, bring to boil. Reduce heat, simmer gently 5 to 10 minutes or until spinach is soft; drain. (There should be enough spinach to give 1½ cups.) Put spinach in electric blender with crushed garlic, pine nuts, basil, parsley and softened butter. Blend on medium speed until smooth; gradually add oil in a thin stream. Remove from blender, season with salt and pepper.

Put spaghetti into large saucepan of boiling salted water, boil uncovered 15 to 20 minutes or until tender; drain. Return spaghetti to pan, add Pesto Sauce, toss well. Serve with parmesan cheese. **Serves 6 to 8.**

CHINESE FRIED RICE



CHINESE FRIED RICE

250 g (8 oz.) long-grain rice
 2 rashers bacon
 250 g (½ lb.) cooked pork
 2 eggs
 2 tablespoons water
 salt, pepper
 oil

1 teaspoon grated green
 ginger
 6 shallots
 250 g (8 oz.) prawns
 2 tablespoons oil, extra
 1 teaspoon soy sauce

Cook rice in boiling salted water 12 minutes, drain well, spread on tray, allow to dry out overnight. Finely dice bacon, thinly slice pork. Beat eggs with water, season with salt and pepper. Heat 1 tablespoon oil in pan, pour in enough of the egg mixture to make one pancake; turn, cook other side. Remove from pan, repeat with remaining mixture. Roll egg pancakes, slice into thin strips. Finely chop shallots, shell and devein prawns. Fry bacon until crisp. Add extra oil to pan. When hot, add rice, pork, green ginger, shallots, prawns and egg strips; stir lightly. When completely heated through, add soy sauce, mix well.

Serves 4 to 6.

Note: The Chinese roast pork, available from Chinese food stores, is ideal for this dish.

OLD FASHIONED MACARONI PUDDING



OLD FASHIONED MACARONI PUDDING

¼ cup small macaroni
2 cups milk
½ cup sugar
3 eggs

½ cup sultanas
½ teaspoon vanilla
¼ teaspoon nutmeg

Cook macaroni in boiling salted water 12 to 15 minutes or until tender; drain well, place in bowl. Add milk, sugar, lightly beaten eggs, sultanas and vanilla, mix well.

Pour into greased shallow ovenproof dish, sprinkle with nutmeg. Bake in moderately slow oven 40 to 45 minutes, or until golden and firm.

Serves 4.

LEMON-MERINGUE RICE

½ cup rice
1 cup water
2 cups milk
½ cup sugar
2 teaspoons grated lemon rind

¼ cup lemon juice
pinch salt
2 eggs, separated
¼ cup sugar, extra
¼ cup apricot jam

Put rice in saucepan with water, cook uncovered, until all water is absorbed. Add milk, cook until rice is soft. Add sugar, lemon rind, lemon juice and salt. Mix in lightly-beaten egg-yolks; cook gently, stirring, until slightly thickened. Spoon into lightly-greased ovenproof dish.

Beat egg-whites until soft peaks form, gradually add extra sugar, beating well after each addition; beat until sugar has dissolved. Spread a thin layer of apricot jam over rice in dish, pipe or pile meringue on top. Bake in moderate oven until meringue is lightly browned, approx. 10 minutes.

Serves 4 to 6.

RISOTTO



RISOTTO

30 g (1 oz.) butter
1 medium onion
375 g (12 oz.) long-grain rice
5 or 6 cups chicken stock (or
water with 4 chicken stock
cubes)

1 tablespoon melted butter,
extra
1 tablespoon grated parmesan
cheese

Melt butter in large saucepan, saute finely-chopped onion until it starts to turn golden. Add rice, mix well. Gradually add boiling stock, about 1 cup at a time; wait until liquid has been absorbed before adding next cup. Stir at each addition.

Cover pan and cook for remainder of cooking time. The rice should cook about 20 minutes from time first cup of stock is added. Rice should be very tender, liquid absorbed and mixture creamy at the end of this time.

Add melted butter and parmesan cheese, mix in carefully with fork. Serve topped, if desired with extra parmesan cheese.

Serves 4 to 6.

RISOTTO MILANESE

375 g (12 oz.) long-grain rice
60 g (2 oz.) butter
1 large onion
½ cup dry white wine
3 cups hot water

2 chicken stock cubes
¼ cup hot water, extra
¼ teaspoon saffron
salt, pepper
30 g (1 oz.) butter, extra

Heat butter in frying pan, add peeled and finely-chopped onion. Saute until onion is tender. Add rice to pan, stir until well coated with butter mixture. Add wine, water and crumbled stock cubes, bring to boil. Stir well, cover, reduce heat, and simmer gently 15 minutes or until all liquid is absorbed and rice is tender. Stir in combined extra hot water and saffron; mix saffron evenly through rice. Stir in extra butter, season with salt and pepper.

Serves 4 to 6.

ITALIAN MEATBALLS



ITALIAN MEATBALLS

375 g (12 oz.) minced steak
 250 g (8 oz.) lean pork
 1 onion
 2 cups fresh breadcrumbs
 ½ cup milk
 1 egg
 ½ green pepper

2 tablespoons finely-chopped
 parsley
 1 clove garlic
 2 teaspoons salt
 pepper
 oil for frying
 375 g (12 oz.) green or plain
 noodles or spaghetti

Place minced steak in bowl. Add minced or finely chopped pork. Peel and finely chop onion; add to bowl with breadcrumbs, milk, lightly-beaten egg, finely-chopped pepper, parsley, crushed garlic, salt and pepper, mix well. Shape into 24 small balls. Heat oil in pan, fry meatballs until brown; drain well.

Serves 4 to 6.

SAUCE

1 tablespoon oil
 1 clove garlic
 ¼ cup dry white wine
 470 g (15 oz.) can whole
 tomatoes
 ½ cup tomato paste
 1½ cups water

2 chicken stock cubes
 2 tablespoons finely-chopped
 parsley
 salt, pepper
 ¼ teaspoon basil
 grated parmesan cheese

Heat oil in pan, cook crushed garlic a few seconds. Add wine, chopped tomatoes and liquid from can, tomato paste, water, crumbled stock cubes, parsley, salt, pepper and basil. Bring to boil, reduce heat, cover, simmer 15 minutes. Add meatballs; simmer, covered, 25 to 30 minutes.

Cook pasta in boiling salted water until tender, approximately 10 minutes, drain. Arrange pasta on serving plate, spoon meatballs and sauce over pasta. Serve grated parmesan cheese separately.

BROWN RICE & VEGETABLE CASSEROLE



BROWN RICE & VEGETABLE CASSEROLE

1 cup brown rice

¼ cup oil

1 large onion

1 medium carrot

125 g (4 oz.) beans

¼ cauliflower

½ cup water

1 chicken stock cube

½ red pepper

1 cup shredded spinach

1 cup shredded cabbage

1 cup bean sprouts

250 g (8 oz.) can water chestnuts

1 teaspoon soy sauce

1 tablespoon tomato paste

salt, pepper

2 hard-boiled eggs

Cook rice in boiling salted water until tender, approximately 30 to 35 minutes; drain well. Heat oil in pan, saute peeled and finely-sliced onion, and carrot, beans sliced diagonally, and cauliflower cut into small flowerettes.

Add water and crumbled stock cube, cover, cook for 5 to 6 minutes or until vegetables are just tender. Add sliced pepper, spinach, cabbage, bean sprouts, thinly sliced water chestnuts, soy sauce and tomato paste; season with salt and pepper, cover, cook until tender.

Chop egg whites roughly, add to cooked vegetables; sieve egg-yolks, sprinkle over top.

Serves 4 to 6.

BAKED RIGATONI**BAKED RIGATONI****250 g (½ lb.) rigatoni noodles****grated parmesan cheese**

Cook rigatoni in boiling salted water until just softened, about 5 to 6 minutes; drain, rinse under cold water so the pasta is cool enough to handle.

FILLING**2 onions****1 cup fresh breadcrumbs****1 clove garlic****1 egg****1 tablespoon oil****1½ teaspoons salt****750 g (1½ lb.) minced steak****pepper**

Heat oil, saute chopped onions and crushed garlic until onion is transparent; remove from heat. Combine onion mixture with minced meat, breadcrumbs, lightly-beaten egg, salt and pepper. Using small teaspoon, stuff rigatoni with filling, arrange stuffed rigatoni in greased casserole dish, spoon sauce over. Top with grated parmesan cheese, bake in moderate oven 30 minutes.

Serves 4.**SAUCE****1 tablespoon oil****470 g (15 oz.) can whole tomatoes****1 onion****1 bayleaf****1 clove garlic****salt, pepper****water**

Heat oil in saucepan, add chopped onion and crushed garlic, saute until onion is transparent. Drain and chop tomatoes; measure liquid from can; add enough water to make 1½ cups. Add tomatoes and liquid to pan with bayleaf, salt and pepper. Stir sauce until it boils, reduce heat; simmer, uncovered, 8 to 10 minutes.

CHINESE SHORT SOUP**CHINESE SHORT SOUP**

3 chicken backs
water
salt

2 slices green ginger
1 onion

Cover chicken backs (or other chicken pieces; the backs are economical) with 6 to 8 cups water, add salt, green ginger and chopped onion. Bring to boil, cover, reduce heat, simmer gently until chicken is cooked. Skim well to remove any fat; strain, reserve stock.

FILLING

125 g (4 oz.) wonton wrappers
500 g (1 lb.) minced steak or
minced pork
salt, pepper
6 shallots or spring onions
2 teaspoons soy sauce

2 teaspoons dry sherry
1 tablespoon grated green
ginger
1 egg
8 shallots or spring onions,
extra

Combine minced steak or pork with salt and pepper, finely-chopped shallots, soy sauce, sherry, green ginger and one lightly-beaten egg, mix well to combine, refrigerate 30 minutes. Place 1 teaspoon filling on centre of each wonton skin, moisten edges with a little of the remaining beaten egg; gently press out any air pockets round filling, seal edges together.

Bring chicken stock to boil, add wontons, cook rapidly for 8 to 10 minutes, or until the wontons float to the surface. Stir in finely-chopped extra shallots.

Serves 6.

Note: Wonton wrappers are available from Chinese grocery stores or some Chinese restaurants.

GREEK SPAGHETTI CASSEROLE**GREEK SPAGHETTI CASSEROLE**

250 g (8 oz.) spaghetti

30 g (1 oz.) butter

500 g (1 lb.) minced steak

1 onion

1 beef stock cube

2 tablespoons tomato paste

salt, pepper

2 eggs

 $\frac{3}{4}$ cup plain flour

2½ cups milk

60 g (2 oz.) grated parmesan
cheese

Cook spaghetti in boiling salted water 10 minutes, or until tender, drain well, add butter, stir until butter melts. Place minced steak in pan with peeled and finely-chopped onion, crumbled stock cube, tomato paste and salt and pepper; cook, stirring, over low heat 10 minutes. Combine lightly-beaten eggs, sifted flour and milk in saucepan; stir until smooth, then cook, stirring constantly, until sauce boils and thickens.

Place half the spaghetti in well-greased ovenproof dish, sprinkle with half the parmesan cheese. Spoon meat mixture over top, cover with remaining spaghetti. Pour over sauce mixture, sprinkle with remaining cheese. Bake in moderate over 30 minutes. Serve with vegetables or green salad.

Serves 4 to 6.

VEGETABLE RICE RING



VEGETABLE RICE RING

¾ cup long-grain rice
1 onion
2 medium carrots
2 sticks celery
1 green pepper
2 eggs
125 g (4 oz.) cheese

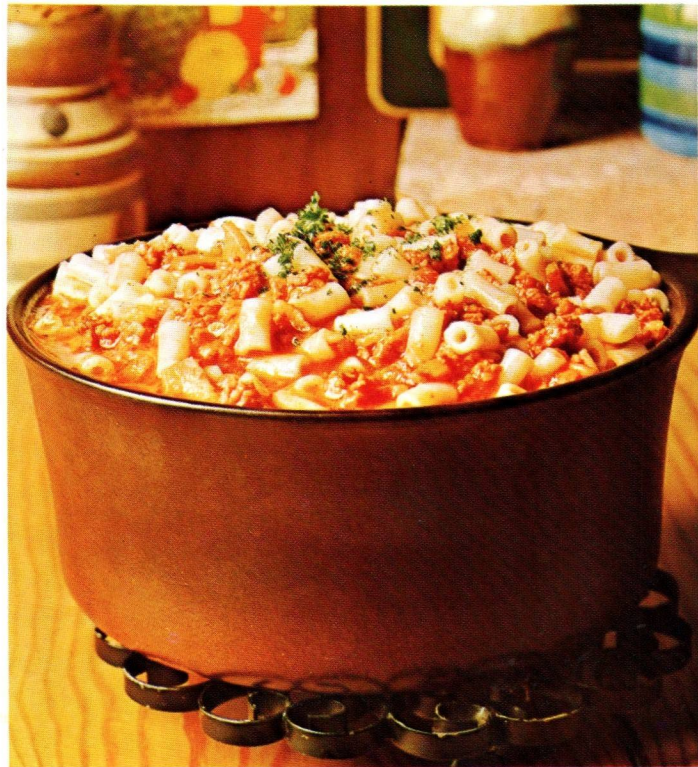
1 cup fresh breadcrumbs
salt, pepper
1 tablespoon chopped parsley
½ cup milk
1 tablespoon worcestershire
sauce
packaged dry breadcrumbs

Cook rice in boiling salted water 10 to 12 minutes; drain well. Peel and grate onion and carrots, chop celery and green pepper. Combine in bowl the vegetables, rice, lightly-beaten eggs, grated cheese, breadcrumbs, salt, pepper, parsley, milk and worcestershire sauce; mix well.

Grease and line with greased greaseproof paper 20 cm (8 in.) ring tin, then sprinkle with dried breadcrumbs. Spoon mixture evenly into tin; bake in moderate oven 45 to 50 minutes.

Serve as an accompaniment to meat or fish, or top with cheese sauce and serve as a main dish.

Serves 4 as a main dish.

HERBED BEEF & MACARONI**HERBED BEEF & MACARONI**

500 g (1 lb.) minced steak

2 medium onions

2 rashers bacon (or 125 g
(4 oz.) bacon pieces)

470 g (15 oz.) can tomato soup

1½ cups water

1 beef stock cube

½ teaspoon mixed herbs
salt, pepper

1 cup small macaroni

Peel and chop onions, dice bacon. Saute bacon in pan until transparent, add onions, saute further 5 minutes. Stir in steak, cook until meat browns. Pour off surplus fat. Add undiluted soup, water, crumbled stock cube, herbs, salt and pepper.

Bring to boil, stirring; reduce heat, cover, simmer 20 to 25 minutes. Spoon off any excess fat during cooking.

Cook macaroni in boiling salted water until tender; approximately 10 minutes; drain well. Stir hot macaroni into pan, allow to heat through, serve sprinkled with chopped parsley.

Serves 4.

THAI RICE



THAI RICE

375 g (12 oz.) long-grain rice
 ½ teaspoon turmeric
 ⅓ cup hot water
 1 chicken stock cube
 2 medium onions
 1 large pork chop
 4 tablespoons oil

1 piece cooked chicken (leg
 or thigh)
 250 g (8 oz.) can crab meat
 1 egg
 1 tablespoon soy sauce
 8 shallots or spring onions

Wash rice, place in large saucepan, with just enough water to come 1 cm (½ in.) above rice. Cover, bring to boil, remove lid, loosen rice from bottom of saucepan with a fork, cover, reduce heat, simmer 15 to 20 minutes, or until rice is tender. Do not remove lid during cooking. Toss rice well with fork, allow to cool, refrigerate overnight.

Combine turmeric, hot water, crumbled stock cube and peeled and sliced onions in saucepan, cover and cook over medium heat until onion is tender, approximately 5 minutes.

Grill or pan-fry pork chop until cooked, remove rind, slice thinly. Heat oil in large frypan, gently fry rice. Add onions with the liquid, chopped chicken, drained flaked crab meat and pork to rice; mix well. Pour beaten egg over rice, continue stirring until egg has set. Stir in soy sauce, half the shallots, allow to heat thoroughly. Serve sprinkled with remaining shallots.

Serves 6.

CHEESE SPAGHETTI**CHEESE SPAGHETTI**

250 g (½ lb.) wholemeal
spaghetti

45 g (1½ oz.) butter

2 medium onions

2 large carrots

60 g (2 oz.) mushrooms

2 tablespoons wholemeal flour

1½ cups water

2 large tomatoes

2 tablespoons chopped parsley

185 g (6 oz.) cheese

salt, pepper

Cook spaghetti in boiling salted water 12 to 15 minutes, or until tender; drain.

Heat butter in pan, add peeled and finely-chopped onions, saute gently until onions are tender. Add grated carrots and thinly-sliced mushrooms, cook gently 5 minutes. Stir in flour, cook 1 minute. Remove from heat, gradually add water. Return to heat, stir until mixture boils and thickens. Add skinned and chopped tomatoes and parsley, bring back to boil; season with salt and pepper.

Remove from heat, stir in three-quarters of the grated cheese, stir until melted. Add drained spaghetti, mix lightly to combine. Sprinkle each serving with remaining grated cheese.

Serves 4.